

**CHRISTMAS DINNER** GF DF Moderate chemicals



Gluten Free, Dairy Free and moderate Salicylate & Amine

**Serves 4**

**3 courses:**

Entrée:        Scallops and leek with pea puree

Main:         Lamb back-strap, pear puree  
                  Roasted cabbage  
                  Asparagus, green beans & cashews  
                  Caramelized sweet potato and shallot

Dessert:       Coffee and vanilla soy ice-cream, with honeycomb crumble

**Prepare the pear puree the day before and reserve the cooking liquid**

**Ingredients:**

2 soft pears, peeled, cored and chopped      ¼ tsp citric acid  
1 Tbsp castor sugar      1/3 cup water

- Place all ingredient in a saucepan over a low heat and cover with a lid
- Bring to the boil, then simmer for about 5 minutes with the lid on
- One soft remove from the stove to cool
- Place the pear into a small bowl and reserve the liquid for cooking other things in the recipe.
- Puree the pear with a barmix or appropriate machine
- Cover and keep air tight in the fridge until serving time.

**Entrée:      Scallops and leek with pea puree**

**Ingredients: for 3 scallops per person**

12 fresh scallops      20ml reserved pear liquid  
1 leek (white section, leaves not required)      salt  
2/3 cup frozen peas (plus extra peas for decoration)      Canola/rice oil for cooking

- Wash the leek and cut 12x ½ cm thick circles of leek
- Wash the scallops
- Cook the peas, cool and transfer them with the reserved pear liquid to a bowl to puree
- Add oil to a saucepan on the stove and add the leek and the scallops; lightly salt
- Cook each for 3 minutes per side (keep the round leek shape)

**To serve:**

- Add a dollop of pea puree on each of the 4 serving plates
- Place 3 leek rounds on a plate and top each leek with a scallop
- Sprinkle a few whole peas over each plate for decoration

**Main:      Lamb back-strap and vegetables**

**Ingredients**

3 pieces of lamb back-strap      ½ cup reserved pear liquid (add water if required)  
¼ of a large green/white cabbage      Asparagus 1 bunch  
1 large sweet potato      300g green beans  
1 shallot stalk      ¼ cup roasted salted cashews, chopped  
40g Nuttalex      Canola/rice bran oil for cooking  
1/3 cup brown sugar      Oven bake paper, salt

### Cabbage

Heat the oven to 180°C

Cut the cabbage into thick strips/chunks

Line a baking tray with baking paper and spread with a little oil

Place the cabbage on the tray, and brush on some oil and sprinkle with salt

Place in the oven and roast until browned (45 minutes-1 hour)

### Greens

Top and tail the green beans and cut about 1cm off the bottom of the asparagus

Place in a dish with a little water to microwave for 4 minutes just before serving time.

Transfer to a serving dish when cooked and sprinkle over the chopped cashews

### Sweet potato

Peel the sweet potato and cut into chunks

Thinly slice into rounds, the stalk of shallot

Steam the sweet potato for about 5 minutes, or until the edge is soft, but a knife still cannot penetrate the centre of the cut potato

In a saucepan melt the butter, then add the brown sugar and reserved pear liquid

Add the sweet potato back to the saucepan, cover and cook until soft.

Transfer to a serving dish. Sprinkle with shallot and pour over the left-over syrup

### Lamb

Bring the meat to room temperature about 15 minutes before cooking

Rub a little oil into the meat

BBQ, grill or cook the lamb back-strap in a frying pan

Cook about 4 minutes per side for medium meat

Take from the cooking plate and rest for 5 minutes before slicing

Serve with the pear puree sauce

### **Dessert: Coffee and vanilla soy ice-cream, with honeycomb crumble**

Start this about 2 days before you need to serve it

#### Ingredients

750ml (3 cups) soy milk	1 litre So Good Vanilla Bliss ice-cream
1Tbsp decaf coffee granules (Moccona)	Pre-made honeycomb
1 Tbsp boiling water	1Tbsp decaf coffee granules (Moccona)
6 egg yolks	½ cup boiling water
150g (23/ cup) caster sugar	

#### Method:

- Dissolve 1 Tbsp of boiling water & 1 Tbsp decaf coffee granules in a mug
- Add this to the soy milk in a saucepan on the stove and heat until it shows signs of just starting to boil and then remove from the stove
- Beat the egg yolks with the sugar until pale and thick (several minutes)

- Pour hot soy milk over the eggs, with the beaters moving slowly to the milk does not splash up
- When fully combined, return the mixture to the saucepan and place it back on the stove to cook for another 4 minutes, until thickened (be careful it may rise out of the pan)
- Take from the stove and cool

If you have an ice-cream maker you can pour this into the machine at this stage and follow the machine instructions.

If you do not have an ice-cream maker...

- Pour the mixture in a shallow tray and place it in the freezer until the edges are frozen
- Remove from the freezer and pour it back to the electric mixer and beat it for 1 minute.
- Pour this back into the shallow tray and put it back in the freezer.
- Repeat this step 2 more times (the freezing period each time is shorter)
- Now pour the mixture into a loaf shaped tin lined with plastic wrap (so it can turn out).
- Don't fill it higher than half was up the sides of the tin.
- Pour any left-over mixture into a separate bowl to freeze

#### Once it's frozen

- Take the Vanilla Bliss ice-cream from the freezer & allow it to defrost for about ½ hour.
- Pour it into a bowl and whisk it until it forms a uniform soft mixture.
- Pour this on top of the frozen coffee ice-cream layer.
- Any excess can go back to the soy container to re-freeze.
- Place it back in the freezer to freeze

#### To serve:

- Prepare ahead of time the coffee shot to pour over the ice-cream as this must be cold by serving time.
- Dissolve 1 Tbsp decaf coffee granules in ½ cup hot water and leave in the fridge to cool
  - (or prepare a decaf coffee shot if you have the appropriate machine)
- Crush, or chop some pre-made honeycomb and keep in an airtight baggie until serving
- Run a hot cloth over the bottom and sides of the loaf tin.
- Pull up the plastic to bring the mould out of the tin
- Place it on a plate, take off the plastic and return to the freezer until ready to serve.
  
- Slice the mould into pieces and place one on each plate.
- Pour over a little coffee shot
- Sprinkle with honeycomb
- Serve